

## Proposed schedule for Nationals September 18<sup>th</sup> & 19<sup>th</sup> 2010

### Saturday

10.30 am 100m  
 12.15pm 400m  
 2.00pm 5000m  
 3.00pm 800m

### Sunday

10.30am 200m  
 12.00noon 1500m  
 12.30pm Relays

### Field Suggestion

#### Saturday

Time	Event	M/F
9-30am	Club	M & F
9-30am	Seated Shot	F
9-30am	Ambulant Discus	F
9-30am	Ambulant Shot (A)	M
11-00am	Seated Shot (2)	M
11-30am	Ambulant Shot (B)	M
11-45am	Seated Discus (1)	M
12-00	Ambulant Discus (A)	M
1-15pm	Seated Shot (1)	M
1-30pm	Ambulant Shot	F
2-00pm	Seated Discus (2)	M
2-00pm	Ambulant Discus (B)	M
2-00pm	Long Jump	M & F
<b>Sunday</b>		
9-30am	Ambulant Javelin	F
9-30am	Seated Discus	F
9-30am	Seated Javelin	M
10-10am	Ambulant Javelin	M
11-00am	Seated Javelin (discus cage)	F